

Assembly Concurrent Resolution No. 190

RESOLUTION CHAPTER 167

Assembly Concurrent Resolution No. 190—Relative to Workplace Fitness Month.

[Filed with Secretary of State September 9, 1998.]

LEGISLATIVE COUNSEL'S DIGEST

ACR 190, Kaloogian. Workplace Fitness Month.

This measure would proclaim the month of October 1998 as Workplace Fitness Month in California, and would encourage all Californians to participate in regular exercise programs and physical activity, for healthier lives and improved work performance and satisfaction.

WHEREAS, The federal government has commissioned numerous reports regarding employee wellness, and has concluded that physical fitness plays an important role in the overall health of employees; and

WHEREAS, The Legislature has a history of supporting efforts that recognize and encourage physical fitness; and

WHEREAS, The Governor has charged California's Council on Physical Fitness and Sports to develop physical fitness goals for Californians of all ages, and to facilitate collaboration among federal, state, and local agencies, education, business and industry, and others, in the promotion of physical fitness; and

WHEREAS, The 1996 Report of the Surgeon General on Physical Activity and Health concluded that people of all ages, both male and female, benefit from regular physical exercise, and identified the workplace as an important place for people to be able to do so; and

WHEREAS, The Governor's Executive Order W-119-95 directed that a comprehensive Statewide Work Site Health Promotion and Illness Prevention Program, including exercise programs, be established for all state employee, and

WHEREAS, Physical activity and fitness programs in the workplace, including onsite exercise facilities and exercise classes, reimbursable membership fees in health clubs, YMCA's and YWCA's, informal walking clubs, formal fitness challenges and campaigns, and flexible health benefits that include exercise-related activities, provide a mechanism for reaching large numbers of adults; and

WHEREAS, Regular exercise helps reduce the chance of heart disease for all people, which is the leading cause of death in the nation; and

WHEREAS, Employees who participate in a fitness program are reported to be more alert, generally have an improved ability to perform, have a better rapport with coworkers and supervisors, are more relaxed and patient, are less tired at work, have enhanced self-esteem, and have fewer grievances, accidents, and absences than nonparticipants; and

WHEREAS, The evidence pointing to the success of the fitness programs in improving employee health practices, reducing medical and disability costs, and improving productivity is indisputable; and

WHEREAS, The Legislature supports the promotion of employee fitness programs as a means of reducing absenteeism and employee turnover, while bolstering employee moral and commitment; now, therefore, be it

Resolved by the Assembly of the State of California, the Senate thereof concurring, That the Legislature hereby proclaims the month of October 1998 as Workplace Fitness Month in California, and encourages all Californians to participate in regular exercise programs and physical activity for healthier lives and improved work performance and satisfaction; and be it further

Resolved, That the Chief Clerk of the Assembly transmit a copy of this resolution to the Governor.

